



LifeLines

information for your life

SIMPLE STEPS Can Cut the Clutter

Junk mail, spam, and telemarketing calls can pile up. Here's how you can dig your way out.

The phone rings right at dinner time. Important mail gets lost in a sea of junk. You can't check email without sifting through spam. It's hard to remain organized. It's almost impossible when there's so much clutter.

You could build a new wing to your house to hold all the junk. Better yet, you can follow a few simple tips and help keep extra clutter out of your life.

The Do Not Call Registry

"You have won an all-expenses-paid trip to Hawaii! Just give us your Social Security number for verification."

Fraudulent telemarketers will try to sell you anything—investments, credit cards, vacation packages. Or they will ask for donations to phony charities. They'll call all day and night. All told, they steal more than a billion dollars from consumers every year.

If you don't want calls from telemarketers, you can enter your phone numbers on the National Do Not Call Registry at www.donotcall.gov or by calling toll free (888)-382-1222. You can register cell phones too. The Do Not Call Registry is operated by the Federal Trade Commission (FTC).

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HEALTHY WINTER TRAVEL

Are you thinking of taking a winter trip? Now is a great time for travel. Just make sure the flu is not going with you. Take time before your trip to reduce your risk of catching or spreading the flu as you travel. Before your trip:

Get vaccinated.

Vaccines are the best tool available to ward off the flu. If you have not gotten your flu vaccines already, talk to your doctor about getting them to protect yourself. Getting vaccinated against seasonal flu is especially important before you travel.

Are you traveling outside the United States this winter?

- Research health information for your destination.
- Before you travel, see a doctor familiar with travel medicine to get any vaccines, medicines, and information you need to stay healthy.
- Talk to your doctor if you are at high risk for flu complications. Depending on your situation, your doctor may tell you to take antiviral medications with you when you travel. This is especially true if appropriate medical care is not available at your destination.
- Know what to do if you become sick or injured on your trip.
- Are you visiting an area where there is a risk of malaria? If so, then seek medical care right away if you have a fever. The first symptoms of malaria usually include fever and chills, similar to the symptoms of the flu. If malaria is left untreated, the disease can quickly become serious and even life threatening.

Prepare a travel health kit.

Remember that prevention can be travel-sized! Include items in your kit that might be helpful if you get sick, such as tissues, pain or fever medicine, soap, and an alcohol-based hand rub to use in case soap and water are not available.

Travel only when you feel well.

Watch out for symptoms of the flu before your trip. If you think you have the flu or otherwise feel ill, delay your travel plans until your fever has been gone for at least 24 hours, without the use of fever-reducing medicines. Even if it means missing out on your plans, staying away from others when you're sick can help protect everyone's health. If you have worrisome signs or symptoms, seek medical care, regardless of whether you have a high-risk condition for influenza complications.

During Your Trip

Take these everyday steps to protect your health and the health of others:

- Cover your coughs or sneezes with a tissue. What if you don't have a tissue? Then cough or sneeze into your upper sleeve, not your hands.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with sick people.

Adapted from Centers for Disease Control and Prevention. (Updated 2010, January 11). Healthy travel this winter. Retrieved September 29, 2010, from <http://www.cdc.gov>.

Contact Us



TOLL-FREE: 800-236-7905

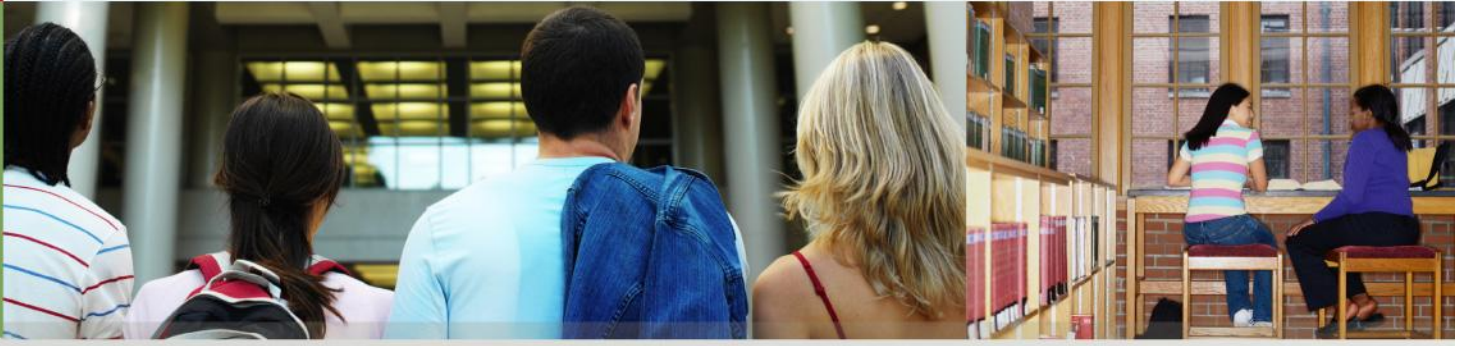
TTY/TTD: 414-771-4808

www.impactinc.org



USERNAME: wing

PASSWORD: eap



Parents: CAMPUS SAFETY 101 WHEN TOURING COLLEGES

If you have a teenage child who is preparing for college, you may be visiting a college campus soon. Many counselors, teachers, college guides, and admissions officers agree that the best way to get a feel for life on a college campus is to arrange for a visit.

Whether you and your teen are visiting a college for a few hours or for a weekend, safety should be a key concern during the stay. Talk with your teen about ways he or she can be protected and increase safety throughout the visit—especially if your child will be spending the night in a dorm—and help him or her to assess the overall safety of the campus.

Do your homework.

According to the U.S. Department of Education, since 1991 all places of higher education that take part in any federal student aid programs have to report three years of campus crime statistics, post security rules, and make timely reports. Before you visit a college or university, check out its campus crime report. Reports are open to the public and often are posted on college websites. Other organizations, including the U.S. Department of Education, keep a list of published reports (<http://ope.ed.gov/security>).

Ask questions.

Many incidents, especially rape and sexual assault, go unreported because victims are reluctant to step forward. When you visit a college campus, ask

guides, professors, and students about their views on campus safety. Do they feel safe? Do they know of crimes that have been committed? How easy is it to report crimes?

Look around.

You have a lot to see during your campus visit, but don't forget to look for safety concerns. Make sure you and your teen walk around campus during the day and at night, but also be sure that neither of you walks around alone. Ask yourself these questions:

- Do dorms have electronic locks or some other security system in place? Are the doors always locked, or only after certain hours?
- Are dorm doors propped open? If you visit a campus during the winter, ask if people prop the doors open during warmer weather.
- Do dorm rooms on the ground floor have special safety measures like bars on the windows?
- Do dorm windows lock?
- Do dorm room doors have peepholes so that your teen can see who is at the door before opening it?
- Are safety phones or call boxes that immediately connect the caller to the campus police station installed throughout the campus?
- Is the campus—parking lots, buildings, dorms, dining halls, walkways—well lit? Is it well lit during the weekend, as well as the weeknights?

- What kind of transit system is in place? Will it be easy for your child to catch a bus when coming home late, or will he or she have to walk? Is the path well lit?
- Does the college provide an escort service for students walking to their dorm rooms at night?
- Is there assigned campus security at all times?

When you visit a campus, keep a notebook handy to jot down your thoughts, and be sure to write down safety issues or questions that come up.

Visiting a college campus is a good way for a teen to get a feel for a college and what its campus life is like. It helps a teen make a better, more informed choice about which college is a good fit. Whether the college is private or public, big or small, in the middle of a city or the middle of nowhere, help your teen find ways to stay safe. Protect your peace of mind—and your child.

Adapted from U.S. Department of Health and Human Services, Substance Abuse Mental Health Services Administration. (2004, July 30). Touring colleges: Campus safety 101. Retrieved November 10, 2010, from <http://www.samhsa.gov/>



... CUT THE CLUTTER

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Registration is effective within 30 days and is permanent. Telemarketers should not call you after you have been registered for 31 days.

The Junk mail List

Sure, it might come in handy if you need a carpet cleaned or 50 cents off a combo platter at that new restaurant. But mostly, junk mail just leaves a mess. It fills up mailboxes, then dining-room tables, then trash cans. It makes day-to-day organization more difficult. But you don't have to put up with all of it.

Many of the companies that send you advertising in the mail are members of the Direct Marketing Association (DMA). You can register with the DMA to be removed from its members' mailing lists. Visit www.DMAChoice.org.

Spam

If you're reading this, you probably get email. And you certainly have to deal with those unwanted messages in your inbox. Spam can come in many disguises. It might claim you won a foreign lottery or can share in an overseas inheritance. Maybe it's a money-making scheme or an illegal seller of medicines. A simple rule: if you don't know who sent an email message, don't open it. The FTC gives you the chance to go one step further. If you get spam email that you think is deceptive, forward it to spam@uce.gov. The FTC uses this database to pursue law-enforcement actions against those who send spam. You should also check your internet service provider's (ISP) website to find out where to report spam directly to the ISP.

Adapted from Los Angeles County Department of Consumer Affairs. Simple steps can clear the clutter. Retrieved July, 2012. <http://dca.lacounty.gov/artClutter.htm>

SIMPLE IDEAS for a Great First Date

Planning a first date? Here are some ideas on how to plan a great first date while keeping the butterflies to a minimum—although a few butterflies in the stomach may be a good thing.

LOW-STRESS OPTIONS

A little light lunch

You may have heard of dating services that set people up to meet for lunch in order to lower the pressure of a first date. It's a great idea that you can try on your own. If your and your date's workplaces are close enough, you can plan for a weekday lunch date. Or you can meet for brunch during the weekend. This allows you to meet in a public place and set a limit on the time.

Common interests

Maybe you are both interested in music or art. Why not plan to meet at a museum, art gallery, jazz club, or one of those music shows that many cities sponsor on a late Friday afternoon? This allows you to connect through something you both enjoy. Even if the date doesn't end with hearts in your eyes, you may have made a new friend at the very least.

The more the merrier

Group dates sound so much like junior high school. Well, hold on a minute. A more grown-up variation of that youthful idea may be a dinner with some of your friends; then ask the person you're interested in to join you. If you already have mutual friends in common, this is even better. This way you can see how the person interacts with others, and you don't have the pressure of keeping the conversation flowing. Even if sparks don't fly, you still had a good meal (it is hoped) with good company.

SAFETY FIRST

No dark alleys

While this may be obvious, it really is a good idea to meet in a public place for a first date. You don't have to meet in the lobby of the police department, but while the chances are good that your date is not dangerous, why risk it? Whether you are a man or a woman, it is just best to meet new people within the safety of the public eye. Now, if you already know your date (say she's your best friend's sister and you've known her for 10 years), that may be a different story, but always consider your safety first.

No need to belly up to the bar

A glass of wine may be acceptable, but watch your alcohol intake. First of all, it's a safety issue—you do not want your awareness or judgment compromised. Also, a sloppy drunk may not leave the best impression for a second date. You don't have to be a teetotaler; just use your common sense.

CHILL OUT

Remember, it's just a date. It's supposed to be fun. You may end up with the love of your life or with a funny story to tell your friends. However it goes; relax, enjoy yourself, and see what happens. Keep the doors to your mind and your heart open. When the right person walks in, you may just be pleasantly surprised.

B. Sekora. (Reviewed 2012). Simple ideas for a great first date. Raleigh, NC: Workplace Options.